Turmeric Coconut Rice

Ingredients

- 1 ½ cups of jasmine rice
- 1 cup of unsweetened full coconut milk
- 1 ½ cup of chicken or vegetable broth
- 1/8–1/4 tsp of fresh ginger
- 2 tsp of coconut oil
- ¾ tsp of ground turmeric
- ¾ tsp of salt
- 1 bay leaf
- pepper, to taste

Instructions

1. Heat the coconut oil in a skillet, then add grated ginger. Sauté for 2-3 minutes.
2. Add the broth, full fat coconut milk, ground turmeric, 3/4 tsp of salt, bay leaf, and bring to a boil.
3. Add jasmine rice, then reduce the heat to low and cover.
4. Simmer on low heat until the liquid is absorbed (about 18 minutes). Fluff with a fork and serve. Season with salt and pepper to taste.

Notes

Approx. 1 FP per serving. FP stands for Fermentation Potential and is used to determine the symptom potential in foods for those using the Fast Tract Diet to heal/improve symptoms of GERD, LPR, SIBO, IBS, etc.